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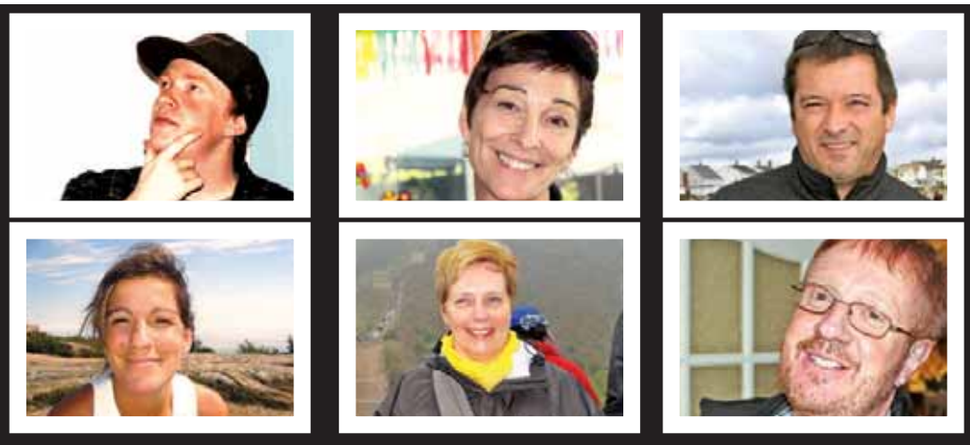

TRAGEDY IN BURKINA FASO

Six Canadians fell victim to terrorism while on a humanitarian mission

metroNEWS

Real estate sales set records

PROPERTY

B.C. home sales hit $4.6 billion in December

Matt Kieltyka
Metro | Vancouver

British Columbia's hot housing market set more records in December and 2015 overall, according to the B.C. Real Estate Association.

Both the 6,590 residential unit sales and the total sales dollar volume of $4.6 billion set new records in the province for the month of December.

The number of sales was up 29.8 per cent over December 2014, and the sales volume jumped a whopping 55.4 per cent.

BCREA chief economist Cameron Muir said December capped off a strong year that saw total sales exceed 100,000 units (102,517, to be exact) for the third time in the province's history and set an all-time record of $65.3 billion in sales.

"The 2015 housing market finished in dramatic fashion," Muir said in a media release on Friday.

The number of units sold in 2015 was up 22 per cent compared to 2014 but still fell short of the record set in 2005, when 106,310 resident units were sold.

The BCREA also reported that the average Multiple Listing Service price in the province exceeded $700,000 in December (a 19.7 per cent increase compared to December 2014), which is the highest-ever recorded in B.C.

According to the BCREA, the average residential price of a home in greater Vancouver in December was $980,978.

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Rising price of cauliflower causing problems for restaurants. **Business**

Media leak 'should not have happened': Mayor

POLICE BULLETIN

Innocent tourists at mall don't blame VPD for ordeal

The mayor of Vancouver has apologized to two men and a teenage boy singled out in an internal police bulletin leaked to the media for their "suspicious behaviour" at a downtown shopping mall.

Gregor Robertson said it was a mistake that a document containing unblurred photos of three men described as "Middle Eastern" was made public and that an online media outlet published the pictures on Thursday.

"I wanted to make sure on behalf of the city they understand how much respect we have for them and that we understand mistakes were made," Robertson said after meeting the trio for lunch on Sunday.

Surveillance photos of Mohammed Sharaz, his son and his friend taking pictures and video with their cellphones of the entrances and exits of Pacific Centre mall on Tuesday raised suspicions with shopping-centre authorities, who relayed the information to Vancouver police.

The three men are visiting Vancouver from the United Kingdom so Sharaz's friend and 14-year-old son can receive specialized treatment for their visual disabilities. The two men take photos and video throughout the day so they can zoom in later to see the sights more clearly.

Mayor Gregor Robertson apologized to three tourists at the Olympic Village. CITY OF VANCOUVER

Police quickly cleared the men after Sharaz explained the situation, but the three were afraid they might be identified on the street and attacked by vigilantes.

The Vancouver Police Department is conducting an internal review to better understand how the bulletin was leaked when it was intended only for internal circulation among British Columbia police officers.

In the meantime, the police have offered to drive the men around during the remainder of their stay.

Robertson said what's important at this point is that visitors to Vancouver feel valued and respected.

"We're a city that takes care of people," he said. "We respect people no matter what their background, where they come from and what they believe in. That's what this city is all about."

The mayor laid some of the blame on media for publishing the identifying photographs.

"That's not appropriate. That should not have happened" he said. "There's also journalistic integrity that comes into play here."

Sharaz said he doesn't blame the police for the ordeal, describing their behaviour as "brilliant."

"What the police did, I'm perfectly fine with that. Even if they'd come and arrested us I would have been fine with that," he said. "When it comes to national security there are some crazy people in the world."

Sharaz was also critical of the media and said he is considering legal action against Vancity Buzz, the news and culture website that published the unblurred photos.

He commended the mayor, the police and the people of Vancouver.

"On Friday, we thought we were going to have a horrible weekend. But the weekend's turned out pretty good," he said, smiling.

Vancity Buzz editor-in-chief Farhan Mohamed said last week that the story was published because it was in the public interest. He later said in a statement that he welcomed the news that the men had been located and their actions deemed innocent.

Mohamed tweeted at Sharaz Saturday, saying that he would love to sit down with him.

The three fly back to the U.K. Friday but will return to Vancouver in about three months.

Sharaz's son Salahuddin Sharaz suffers from retinitis pigmentosa, a degenerative disease that causes severe vision impairment. He and Sharaz's friend Mohammed Kareem, 34, have been receiving treatment from Dr. Weidong Yu at the Wellspring Clinic for Holistic Medicine. THE CANADIAN PRESS

NORTH VAN MAN

Student athlete, 24, dead

A North Vancouver man is among three people found dead at a home in upstate New York.

Officers with the Geneseo Police Department went to a residence near the State University of New York at Geneseo early Sunday to find the bodies of two men and a woman.

The school issued a release identifying one of the victims as student athlete Matthew Hutchinson, 24.

Hutchinson played hockey for the Chilliwack Chiefs before starting school in the United States in 2012.

He was in his fourth year of university, studying geography and business, and volunteered as a firefighter.

The university identified the two other victims as Kelsey Annese, 21, from Webster, N.Y., and Colin Kingston, 24, of Geneseo. Kingston had attended the school, while Annese was a senior studying education, Spanish and psychology, and played for the women's basketball team.

Police said the circumstances surrounding the trio's deaths are unclear.

Spokesman Jeffery Szczesniak said the deaths are being treated as suspicious but so far none are being labelled a homicide.

There were other people in the house when officers arrived, he said, but police had made no arrests and were not seeking any suspects as of Sunday afternoon. THE CANADIAN PRESS

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Province steps up focus on tech with new summit

INNOVATION

Entrepreneur hopes event will help end job-loss fear

Greg Caws calls home a cattle ranch in the East Kootenay community of Wardner and says he appreciates the perspective of rural British Columbia, where relatives have worked as miners and loggers.

He's also an entrepreneur who champions the technology sector with unsung stories of companies marrying those traditional industries with cutting-edge innovations.

There are drones being designed in Nelson for prospectors, a robotic drilling rig that walks north of Fort St. John, and a tiny camera developed in Vancouver that can descend down a borehole for kilometres.

"Every time you hear the bogeyman stories about, 'Oh, our jobs are going to be taken,' it never happens," said Caws, president of the B.C. Innovation Council, explaining that work conventionally done by hands is instead moving to heads.

"One of the things that makes people fearful is because they don't understand or they don't know — it's in their peripheral vision."

He's hoping that a made-in-B.C. technology showcase will illuminate the visionary achievements of businesses across the province and help British Columbians embrace futuristic technologies that are revolutionizing every industry.

The "#BCTECH Summit," running Monday and Tuesday in Vancouver, is a first for the province and expected to bring in about 3,000 participants, including business leaders, entrepreneurs, academics, public servants and students.

Companies from clean technology, mobile wireless, virtual reality and artificial intelligence to forestry, energy and transportation will participate.

"A whole plethora of companies that don't typically meet," Caws said.

"That cross-pollination of ideas is where B.C. will drive its advantage."

Highlights will include holograms, 3D printing, electric cars and a 4D Portal exhibit, demonstrations by startups, a coding camp, and speakers who will be simulcast to classrooms across B.C., including keynote futurist Ray Kurzweil.

The provincial government is hosting the event, not only to vault the tech industry's profile at home and globally, but to increase the industry's share in the B.C. economy.

Technology and Innovation Minister Amrik Virk said B.C. intends to build a stronger "knowledge-based economy" that coexists with the natural-resources sector and underpins all industries. THE CANADIAN PRESS

Ray Walia believes government must develop stronger relationships with savvy millennial entrepreneurs, who "live and breathe" technology, while relying less on advisers from the "dinosaur generation." DARRYL DYCK/THE CANADIAN PRESS

> **That cross-pollination of ideas is where B.C. will drive its advantage.**
> Greg Caws

HEALTH

Talks to focus on policy: Minister

The federal government's election promises are expected to be closely examined by the country's health ministers during an annual meeting that's expected to be more co-operative than in past years.

British Columbia's Health Minister Terry Lake, who is co-hosting the talks in Vancouver this week, said his counterparts are eager to invite federal Health Minister Jane Philpott to discuss issues such as chronic diseases, drug costs and funding formulas.

"This is an opportunity to re-engage with the federal government in a broader way on health care because the previous federal government was less hands on, if you like, when it came to health care," Lake said."We get the impression from the federal government that they want to be more involved. So this is an opportunity."

The provincial and territorial ministers will meet Wednesday, with the federal government joining the discussions on Thursday.

During last fall's election campaign, the Liberals promised to negotiate a new health accord with provinces and territories, including a long-term deal on funding.

The party said it would modernize health care, including investing $3 billion over the next four years to improve home-care access across Canada. It also pledged to improve access to mental-health services and medication while cutting the cost of prescription drugs.

Philpott said she expects discussions to focus primarily on policy issues and transforming a health accord, which provides the provinces and territories with stable funding and sets national standards.

THE CANADIAN PRESS

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Second injection site approved

HARM REDUCTION

Foundation had allowed drug use for years in error

Health Canada has granted approval for a second supervised-injection site in Vancouver — 14 years after the HIV-AIDS treatment facility began allowing patients to shoot up their own illicit drugs.

The Dr. Peter AIDS Foundation has run a supervised-injection program since 2002 and for several years mistakenly believed its patients were exempt from Canada's drug laws.

The approval of an application on Friday grants the Dr. Peter Centre a two-year licence, meaning patients can continue injecting their own drugs under the supervision of a nurse without anyone being charged.

"This decision by Health Canada experts was arrived at after a rigorous, evidence-based review that included an assessment of the centre's application, an inspection of the facility and the establishment of terms and conditions to protect public health and safety," Health Minister Jane Philpott said in a statement.

She said international and Canadian evidence shows that supervised-injection sites have the potential to save lives and improve health without increasing drug use and crime.

The centre's executive director Maxine Davis said the exemption is a significant step forward for health care in Canada because supervised injection reduces the harms of drug use for addicts and prevents the spread of diseases from shared needles.

Several cities, including Montreal, Toronto and Ottawa, have contacted the centre for its expertise, Davis said.

"We've had visits from all of those cities and many other cities across the country that are moving along the path of conversation with their local municipalities on this matter," she said.

The centre's current application for exemption, filed in January 2014, had broad support, including from the province, the Vancouver Police Department and 150 local businesses, Davis said. THE CANADIAN PRESS

The Dr. Peter Centre in Vancouver has operated a supervised-injection site since 2002. CONTRIBUTED

COUNTERPART

Insite, the other supervised-injection facility in Vancouver, has a one-year exemption licence that will expire in March.

As North America's only such clinic, it opened in 2003 as part of a plan to tackle an epidemic of HIV-AIDS and overdose deaths. But its existence remained tenuous under the previous federal government. The Conservatives waged a long legal battle against the site, but the Supreme Court of Canada ruled the facility could stay open.

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Breakthrough in brain cancer treatment for kids

HEALTH

B.C. scientists learn why new drugs fail for recurrent type

Thandi Fletcher
Metro | Vancouver

Dr. Michael Taylor, neurosurgeon at Sick Kids hospital in Toronto, is co-principal investigator of a study that has found why new and experimental drugs fail for children with recurrent medulloblastoma. CONTRIBUTED

Canadian scientists have uncovered why new and experimental drugs fail for children with recurrent medulloblastoma, a common and often fatal type of childhood brain cancer.

The authors of the study, coled by the BC Cancer Agency and the Hospital for Sick Children in Toronto, say the findings offer a simple explanation that could change the way drugs are tested in children.

"Basically, we've been idiots for the last 30 or 40 years, but now we have a really simple answer for why nothing worked," said Dr. Michael Taylor, neurosurgeon at Sick Kids and co-principal investigator of the study. "I hope we can stop wasting time and putting all those poor little kids and their families through clinical trials for nothing, and finally find some things that help."

Medulloblastoma, the most common cancerous brain tumour in children, is known to be difficult to successfully treat. Side effects of treatment, like chemotherapy, radiation and surgery, can have a devastating impact on a child's brain, leaving them with significant disabilities. Almost 30 per cent of cases result in a recurrence of the tumour, which is nearly always fatal.

Part of the problem is that almost all research done to understand the biology of childhood brain cancer and to identify new drugs that might work has been carried out using tumour tissue taken during surgery before the child undergoes treatment.

Any experimental drugs that are identified as possible treatments are then tested in clinical trials involving children who have already undergone extensive chemotherapy.

"That's been based on a really stupid assumption — in retrospect, stupid — that the tumour at the time when it comes back is the same as the tumour when we're first diagnosing," said Taylor. "And it's not."

Using genome sequencing to test tumour samples in both mice and children — one taken at diagnosis and another at the time of recurrence — the researchers found the genetic makeup of the tumours at the time of diagnosis had significantly transformed when the cancer came back.

Only about 10 per cent of the mutations found initially were still there in the recurrent tumour, said Taylor.

"That means if you … discovered a way to treat the tumour and you found a drug for it, the chances of it working would probably be less than one in 10," he said. "It's like trying to make orange juice out of apples."

Dr. Marco Marra, distinguished scientist at the BC Cancer Agency, said the study's findings highlight a need to identify treatment that might be effective in treating recurrent tumours, not just for medulloblastoma, but other types of cancer as well.

"There are many, many other types of cancers that behave in this particular way," he said. "There have been several studies … which have alluded to the fact that cancers are not static entities … this business of cancer being an entity that evolves is actually critically important."

The study was published last week in the online edition of the journal Nature.

> **This business of cancer being an entity that evolves is actually critically important.**
> Dr. Marco Marra

IN BRIEF

UVic announces chair in transgender studies

The professor appointed to what's believed to be the world's only chair in transgender studies hopes the research will clear away the myths and improve the lives of some of the most vulnerable people in society.

University of Victoria Prof. Aaron Devor, an internationally recognized sex and gender expert who is also transgender, will work with researchers, community activists and students to advance study into a broad range of topics that affect the lives of transgender individuals.

"Transgender people are among the most disadvantaged in society today. There's a huge amount of stigma, poverty is rampant, health care is not what it should be," he said. THE CANADIAN PRESS

Boy who helped save mom wins bravery award

A nine-year-old B.C. boy who helped rescue his mother when she became trapped under an all-terrain vehicle has been recognized with a bravery award.

The Cariboo Regional District says it and local firefighters presented Josef Aschwanden with a bravery certificate Friday for his actions just two days earlier.

On Wednesday, Aschwanden's mother was unloading the ATV from her truck in the community of Wildwood, near Williams Lake, when it slipped back and landed on her.

The boy, who had talked with his mother just days earlier about 911, called the emergency number.

In the meantime, they say, he wrapped her in a sleeping bag to keep her warm and avoid hypothermia. THE CANADIAN PRESS

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HUMAN RIGHTS

Man a refugee due to sexual orientation

Rasheed experienced dire threats. THE CANADIAN PRESS

At first, Rasheed thought the Syrian police were hounding him for his political views.

But Rasheed, 32, who requested not to have his full name used, believes the real motive came to the fore the day he and a few fellow gay men were carted off to a local jail.

The police who blindfolded him and beat him with electrical cables made revealing comments after seizing his cellphone containing content that made his sexual preferences plain.

Such attitudes — the norm in his homeland, he says — were what allowed Rasheed to claim refugee status in Canada and begin a new life.

"I find it very respectful," he said of Canada. "Whenever I say I'm gay or whenever I go to gay places, in the society itself, they respect you for being gay."

The United Nations High Commissioner for Refugees has named single men identifying as gay, bisexual or transgender as among those who are most vulnerable in Syria.

Justin Taylor, executive director of Toronto-based Rainbow Railroad, said those fleeing homophobia arrive in their new homes with even fewer resources than most of their fellow refugees.

THE CANADIAN PRESS

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From left: Tarine Homs, Rabeha Hessin and Majdoleen Sheran, part of the revolution taking hold in the Rojava territory of northern Syria. COURTESY NADIM FETAIH

Women fight back

MIDDLE EAST

Film captures revolution in Rojava, Syria

The Canadian team behind the film titled This is Kobane. COURTESY NADIM FETAIH

Women taking power in ways the Middle East has never before seen. Men, at their side, taking the radical transformation in stride.

And together, by consensus, both fighting tooth and nail against the Islamic State of Iraq and the Levant (ISIL) — and winning — liberating towns and villages in northern Syria with the promise of a new kind of freedom, where all are welcome to a fair share of collective self-rule, regardless of gender, religion or ethnicity.

It is actually happening throughout the sliver of terrain known as Rojava, the predominantly Kurdish territory abutting Syria's border with Turkey.

ISIL doesn't like it. Turkey doesn't like it. Bashar Assad doesn't like it. Yet the quiet revolution in Rojava isn't just taking root; it is growing, thanks in part to the White House, which has deputized the mostly Kurdish revolutionary fighters as effective boots on the ground on the Syrian side of the campaign against the Islamic State.

The fruits of the U.S. alliance with Syria's Kurdish paramilitary fighters — the People's Protection Units, or YPG, and their female counterparts, YPJ — became clear over Christmas, with the Kurds leading a four-day sweep south from Kobani, snipping some 640 square kilometres from the caliphate's map and seizing back from ISIL a key piece of infrastructure, the Tishrin Dam.

Independent Toronto filmmaker Nadim Fetaih has been on the ground with a crew of two other Canadians, capturing the changes unfolding as the fragile Rojava revolution takes hold. "We've been able to get access inside the military complex in Kobani and spend time with the wounded fighters — a fairly even 50-50 split of men and women and they're all badasses. But the YPJ women, because they are going to the front and laying their lives on the line, are able to come back to town and essentially create their own world. They are respected.

Fetaih's documentary, This Is Kobane, he readily admits, will involve "a bias for and by the people — I'm hoping with my films I can actually empower people," he said.

THE CANADIAN PRESS

A policeman stands guard in front of the Splendid hotel, on Sunday in Ouagadougou, after a jihadist attack by gunmen linked to al-Qaida on Jan. 15. **The attack left 28 people dead, with 56 wounded.** ISSOUF SANOGO/AFP/GETTY IMAGES

Canadian aid workers dead

BURKINA FASO

Family of four among killed, wounded in nation's capital

Six Canadian humanitarian workers from Quebec were among those killed in an attack by Islamic extremists in Burkina Faso's capital, Ouagadougou.

Twenty-eight people of 18 nationalities were killed and 56 others wounded after a 15-hour siege that ended Saturday night at a hotel popular with international business travellers.

The Canadians were: Yves Carrier; his daughter Maude; his wife, Gladys Chamberland; their son Charlélie, and their friends Louis Chabot and Suzanne Bernier, all residents of Quebec, according to reports from La Presse.

Canadian Prime Minister Justin Trudeau led a moment of silence for the victims on Sunday at a restored mosque in Peterborough, Ont., which was firebombed in the aftermath of deadly attacks in Paris last November.

Carrier and his family members and friends worked with a Catholic organization and the Centre Amitié de Solidarité Internationale de la Région des Appalaches.

Louis Chabot, a friend of the Carriers, was also killed in the attack in Ouagadougou.

They had been celebrating the three weeks of work they had done repainting blackboards for a school in a remote Burkinabe village.

The humanitarian workers headed to Africa just before Christmas after months of preparation, organization and fundraising activities in Quebec.

With four attackers killed and al-Qaida in the Islamic Maghreb claiming responsibility for the massacre, Burkina Faso's newly elected president acknowledged his small country has now been drawn into the line of Islamist extremist fire that has recently targeted Paris, neighbouring Mali and Indonesia.

TORSTAR NEWS SERVICE

Gladys Chamberland

Yves Carrier

Maude Carrier

Charlélie Carrier

Louis Chabot

Suzanne Bernier

PHOTOS: FACEBOOK.COM VIA TORSTAR NEWS SERVICE

Survivors recall the attacks

As al-Qaida fighters attacked the café where he worked, Clement Djiguende was saved by chance: A jihadist who had been firing at patrons simply ran out of bullets.

The gun stuck for a moment. Then the militant, dressed in black and a turban, tried several times to reload. That's when Djiguende and another server bolted toward the bathrooms not far from the bar where only moments earlier they had been serving cold drinks on just another Friday night.

About 20 other people were already crowding into the toilets in a bid to save their lives as the sound of gunfire resumed at the Cappuccino Café. Others tried to climb through the restaurant's broken windows. Some managed to get to the roof where they waited for the carnage to stop.

Witnesses said four attackers stormed the café around 7:30 p.m. Not only did they shoot at patrons, they also set the café ablaze. Soon it began filling with smoke, forcing Djiguende and the others in the restrooms to wet pieces of their clothing and escape by crouching on the ground.

"Upon reaching the terrace, my hand touched a body ... I kept it together," he said. "I crossed another and then a third body, where I laid and pretended for a while that I, too, was dead."

He kept crawling for another six metres before springing to his feet and running into another nearby restaurant.

By then, the jihadists had entered the neighbouring Splendid Hotel. Andre Bationo, a waiter at the hotel, said he was cleaning in the dining room when a girl selling handicrafts to guests burst in to say that jihadists were killing people outside.

"Burkina Faso," he said, "will never be the same again."

THE ASSOCIATED PRESS

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U.S. and Iran swap prisoners, pardons

INTERNATIONAL RELATIONS

Some critics feel Americans used as pawns

Diplomatic triumph or travesty, America's relationship with one of its most intractable foes took two giant leaps forward this weekend when Iran released four Americans in a prisoner swap after locking in last summer's nuclear deal and receiving some $100 billion in sanctions relief.

The announcements culminated a stunning few days for the Obama administration and particularly Secretary of State John Kerry, who led the diplomatic outreach to Tehran.

Speaking from the White House, Obama on Sunday hailed the "historic progress through diplomacy," long the centerpiece of his foreign policy vision, instead of another war in the Middle East.

Three of the American detainees — Washington Post reporter Jason Rezaian, former U.S. Marine Amir Hekmati and pastor Saeed Abedini — arrived in Germany en route to a U.S. military hospital. They will return home after medical evaluations.

The fourth, Nosratollah Khosravi-Roodsari, opted to remain in Iran, officials said.

A fifth American, student Matthew Trevithick, who had been detained in Iran for roughly 40 days, was released separately.

Iran released the prisoners in exchange for pardons or charges dropped against seven Iranians — six of whom hold dual U.S. citizenship — serving time for or accused of sanctions violations in the United States.

Iran released four American detainees on the weekend, including 1 Amir Hekmati , a former U.S. Marine, **2 Saeed Abedini,** a pastor, and **3 Jason Rezaian** a Washington Post correspondent. Also freed was **Nosratollah Khosravi-Roodsari,** who stayed in Iran.

ECONOMICS

$100B in assets unlocked
The International Atomic Energy Agency's declaration unlocked some $100 billion in frozen Iranian assets overseas, and potentially even greater economic benefits through suspended oil, trade and financial sanctions by the U.S. and European Union.
THE ASSOCIATED PRESS

The timing of the deal, finalized hours after Saturday night's UN confirmation that Iran made good on pledges to significantly back away from atomic bomb-making capacity, suggested that the Americans possibly were used as pawns by the Iranian government to win long-sought economic relief, as critics allege.

Critics of Obama's Iran policy at home and abroad pounced on the details of the prisoner exchange and the new economic opportunities being afforded Tehran.
THE ASSOCIATED PRESS

THOMPSON RIVERS UNIVERSITY
FIND YOUR TRU
Everyone's path is different. Nicole found hers learning online while staying in her job, and being a mom. Whichever way you go, we're with you at every step. Come and find your path. Your TRU.
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tru.ca/findyourtru
MC120316

One of 5 simple ways to end the stigma around mental illness.

It's not always easy to know how to break the stigma associated with mental illness. Mental health experts suggest 5 easy ways you can help. Here's one way.

Be kind

Small acts of kindness, such as a get-well card or an invitation to coffee, can mean a lot to someone who is struggling with a mental illness. Ask yourself how you would want to be treated if you had a serious illness and use that as your guide

Serena Ryder

Bell Let's Talk

Learn more at bell.ca/letstalk.

Costly cauliflower too rich for menus

FOOD

Cucumber, tomatoes and celery prices likely to rise

The soaring price of cauliflower is forcing restaurants with signature dishes featuring the cabbage relative to rethink their menus and hike prices.

Over the past few years, the vegetable once considered boring has been springing up on menus in innovative ways.

However, the sliding loonie and a drought in California have helped drive prices for the snowy white vegetable toward double digits a head, causing a cauliflower crisis.

In Vancouver, diners frequent Nuba restaurants just to taste Najib's Special, said founder Victor Bouzide. The dish, named after his father, is a crispy cauliflower concoction based on his grandmother's recipe. Since the new year, Bouzide's raised the price by about a dollar. A plate now costs $13, while the appetizer runs customers $9.75.

The restaurant now pays more than double what it used to for a case of the cruciferous vegetable, up to $60 a case. That means Nuba needs 100 cases a week to feed its cauliflower-loving customers.

Toronto's Fat Pasha drew accolades for its whole roasted cauliflower head when it opened in 2014. About a month ago, the offering disappeared from the menu. The dish cost $18, but with the cost of the main ingredient, the restaurant would have to charge up to $40 for it now.

Other vegetables, not just cauliflower, are steadily increasing in price.

Celery, cucumber, tomatoes are all slowly taking themselves out of the running.

THE CANADIAN PRESS

The falling loonie and a drought in California have helped drive prices for cauliflower toward double digits a head, forcing restaurants to raise prices or discontinue dishes. ISTOCK

LAS VEGAS

Wearables that stood out at CES

While wrist-worn devices like the Fitbit remain the most popular type of wearable, companies are continuing to develop smart items for other parts of the body.

1 THE SMART BRA
Available: Spring 2016
Cost: $149 US for starting kit and $59 US for an additional bra

CONTRIBUTED

Montreal-based OMsignal's first crack at the women's clothing market tracks heart rate, distance and calories as well as more detailed data such as breathing rhythm.

2 THE SMART SKI AIRBAG VEST
Available: Only to professional skiers for now, in stores as of July 2016.
Cost: Around 1,200 euros
When its sensors detect a loss of balance, the ski airbag vest can inflate in 100 milliseconds, protecting the neck, chest, spine, abdomen and hips, the French company In&motion says.

Some analysts predict 2016 will be the year wearables reach beyond nerds and athletes.

Here are four wearables that stood out at CES:

3 THE JUMP MONITOR
Available: May 2016
Cost: $125-150 US
The Vert2 monitor hones in on the user's jump. The size of a USB stick, it clips on to the waist and tracks height and jump count as well as intensity, total Gs and other measurements, all in real-time.

4 MORE STYLISH FITBIT
Available: Now at major Canadian retailers, including Best Buy, Indigo and London Drugs
Cost: $249.95
Fitbit's first colour smartwatch,

CONTRIBUTED

the Blaze, tracks heart rate, sleep and more. It automatically recognizes the activity you're doing, whether it's hiking, basketball or even Zumba. Other features include on-screen workouts and calendar notifications.

TORSTAR NEWS SERVICE

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ADVENTURES IN DINING, OR HOW TO GO ROGUE DURING *DINE OUT*

Much of the magic of *Dine Out Vancouver Festival* lies in darting down the rabbit hole to explore the dearth of culinary experiences our city has to offer. And though we all have our favourites – the restaurants, foods and even bar stools we gravitate toward time and again – the festival dares us to push our boundaries by tasting foreign ingredients, visiting new neighbourhoods, and putting our trust in the city's seasoned chefs and culinary experts.

This year, in the spirit of *Dine Out*, we encourage you to swap familiarity for fresh adventure. Make a booking at a restaurant you had never heard of until now, try a cuisine you've 'til now avoided, or check out an experience that feels foreign. Adore happy hour tipples? Dive behind the scenes and learn how your favourite spirits, craft beers and wines are produced on Off the Eaten Track's How it's Made: A Brewery Distiller and Winery Tour. U.S. dollar got you down? Check out the World Chef Exchange dinner at Wildebeest starring New York's Chef Daniel Burns, and get a taste of Brooklyn in Gastown. Determined to stick with your NYE resolution? Drop by Sai Woo in Chinatown and nosh on the crazy-delicious vegetarian laksa with coconut broth, tofu and Asian herbs. Never tried bannock? Salmon n' Bannock features a three-course Aboriginal meal in a space bustling with First Nations art.

And since Vancouverites are all about local, sustainable and health-focused fare, we would be remiss not to tout the many restaurants that effortlessly blend good-for-you foods with "God-that's-great" reactions. Zend Conscious Lounge's vegan/vegetarian menu is jam-packed with inventive items like spiced tomato truffles, lemon-ginger kale, and pumpkin mousse. Exile Bistro's dishes are ethical and wild at heart – who wouldn't be intrigued by elk and black barley soup, or lentil and nut pate?

Of course, so much choice can be overwhelming. So why not play *Dine Out* Russian roulette and book the first place you click?

www.dineoutvancouver.com/restaurants

For the full details:
DineOutVancouver.com

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metro VIEWS
Your essential daily news
Monday, January 18, 2016

THE BIG NUMBER

40%

That's the decline, adjusted for inflation, of parliamentary funding to the CBC between 1990-91 and 2014-15.

Using data from the Treasury Board of Canada, the advocacy group Friends of Canadian Broadcasting calculated that in 2014 dollars, the federal government's grant to the CBC declined from around $1.73 billion (in 1990-1991) to approximately $1.04 billion (in 2014-2015). Most of the cuts took place in the 1990s, while Jean Chrétien was prime minster, with more slashes during the Harper years. Those hit just as digital advertising and the mobile revolution were transforming broadcasting's business model faster than you can change the channel or switch the station. In 2014, the CBC's president said the staff would shrink by another one-quarter by 2020. Whether we actually see that particular TV and radio drama play out is still up in the air: before he was elected, Prime Minister Justin Trudeau promised a $150-million boost to CBC's yearly funding. How that plot unfolds — and how much money the broadcaster manages to make from its advertisers and audience — could determine whether Canadians hear more business news or more banter on the airwaves in the coming years.

SOURCE: MARKETING MAGAZINE

The biggest B.C. scandal you have never heard of

CAPITAL IDEA

Kate Webb

The provincial government chose the sleepy window between Christmas and New Year's to announce a major development in one of the biggest scandals in B.C. in a long time — but unless you are a diehard news junkie, chances are you've never heard of it.

The Therapeutics Initiative scandal — a.k.a. the 2012 Health Ministry firings — has barely registered in the public consciousness.

Here's the Coles Notes:

In September 2012, the B.C. Health Ministry quietly fired eight employees. They are all members of the Therapeutics Initiative (TI), an independent watchdog that assesses the safety and effectiveness of prescription drugs.

At the time, the government and those fired gave vastly different accounts. The ministry claims employees inappropriately accessed sensitive medical records and that they have referred the matter to the RCMP. However, a Vancouver Sun investigation found the province never sent any evidence, so there never was an RCMP investigation.

All of the fired researchers called for a public inquiry and sued the government for wrongful termination. A co-op student whose second attempt at his PhD was thwarted by his firing tragically takes his own life a few months later. His family cites the stress of the ordeal as a major cause.

Another of the fired researchers, Bill Warburton, alleges in his lawsuit that the B.C. Liberals are in the pocket of drug companies, receiving significant contributions from some of the same companies whose medications are part of the province's drug plans.

A 2013 analysis found drug companies' political contributions to the B.C. Liberals outstripped those to the B.C. NDP 11 to 1.

Warburton's research had focused on the possibly disproportionate number of premature deaths among people taking anti-psychotic drugs — information he believes needs to be shared in order to prevent future deaths.

Fast-forward to Dec. 29, when the government announced it had awarded a sizable cash settlement to Warburton and his wife Rebecca, who also worked for the TI. The amount was not disclosed. The government has also given cash settlements to all the other living TI researchers. But because Bill Warburton's case will not go to trial, none of his allegations will be tested in court.

An independent lawyer hired to probe the firings could not figure out who made the decision to fire the researchers or why, citing a complete lack of records. The B.C. ombudsperson is now investigating.

And that's just the beginning of the bill for this debacle. Settlements, lawyers and numerous investigations, both internal and independent — I can only guess at the total cost, because the government won't release the figures for the bigger line items.

Despite editorials in local newspapers calling for a public inquiry, this affair remains mostly unnoticed.

I don't know how to make people pay attention, because it's so complicated. Here's what I do know. The government is using our money to cover their you-know-whats. Now that's a firing offence.

Kate Webb is an unapologetic muckraker and political junkie who lives and writes in Vancouver.

ROSEMARY WESTWOOD

metroview

CBC morning shows should be fuel, not fluff

A morning routine is not to be messed with.

It should contain fuel (especially coffee), clean-ish clothing, some kind of slap in the face (exercise, or coffee) and the news.

And when I say news, I mean the latest out of Ottawa (the Saudi Arabia arms deal, say), the state of Alberta's economy, what's new at the Supreme Court — let alone politics, health and science from outside our border.

I do not mean an update on the zoo's panda-bear cubs or the latest high-school wunderkind to design socks. And I certainly don't need to hear, on the local CBC morning show, how the host and weather announcer feel about Adele's new viral video (spoiler: They love it!).

In the age of Twitter (arguably the best way to get news, anyway), in a world so tightly bound that our food prices are skyrocketing as global oil prices fall, the CBC is failing us.

Folksy, meandering, fascinated with the minutiae of a city — its morning shows are often the audio equivalent of reading the community-event listings. And while there can be gold there, it's never front-page news. The shows lack gravitas. They lack scope. Their programming better belongs in a leisurely afternoon slot. And funnily enough, afternoon programs on the CBC sound remarkably like those in the morning.

I don't blame the producers (I used to be one) or the hosts (though some seem far too keen to waste my time with coffee-shop chatter about their bike commute to work) — I blame the network.

The CBC's morning shows are run on a strict formula that focuses on celebrity hosts and hyper-local news at the expense of everything else. Each hour, there's usually only about 10 minutes of national and international news at the top of the clock. That's less time than they spend playing (often horrible) music. It's appalling.

In fact, the CBC should reverse the ratios. It could keep the best of its local news and politics coverage, trim the fat of host-banter, cut the music and end up with plenty of time to properly inform me about the broader world. It could mean greater centralization of morning news production, or even just a much wider distribution of the best content produced in local stations and foreign bureaus (such as they are).

To quote U.S. media journalist and National Public Radio host extraordinaire, Brooke Gladstone, a morning program should feed our need for information without patronizing or boring us.

Too bad the CBC can't even get the first part right.

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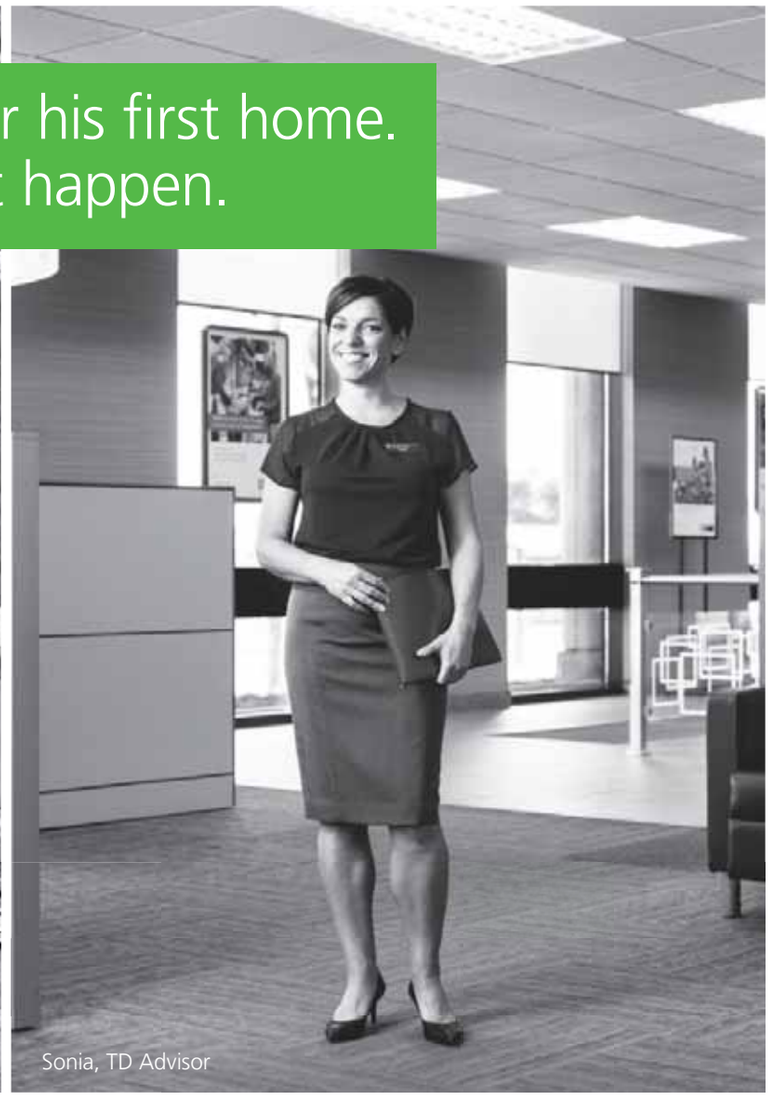

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RSP: Just for retirement?

NEST EGG

Programs help you borrow for new home, education

Michelle Williams

You can borrow against your RSP to help with the purchase of your first home. ISTOCK

"Your retirement might be decades away, but that doesn't mean you can't benefit from your retirement savings right now," says Alan Cameron, investment advisor for Investment Planning Counsel.

Whether your dream is to buy your first home or to upgrade your education, a retirement savings plan (RSP) is an investment tool that can help you reach your goals well before you turn 65. Two government programs make it possible to borrow against your RSP:

The Home Buyers' Program (HBP) lets qualified first-time home buyers borrow up to $25,000 from their RSP to buy or build a home. "It's a far more powerful way of saving for the down payment," explains Cameron.

"To save $25,000 cash, you have to earn $40,000 or more before-tax dollars. If you use your RSP, the $25,000 isn't going to be taxed." For couples buying their first home, both members can use $25,000 from each RSP, for a total of $50,000 tax-free.

You have two years before you have to start paying the money back, and 15 years to repay the total loan — essentially repaying yourself by contributing one-fifteenth of the amount to your RSP each year. If you miss a payment, you'll owe the taxes for that amount.

The HBP is a great way to raise a down payment, making it possible to buy a home for those who might otherwise have to wait several years to save the funds.

"For some buyers, it could also be the difference between having a high-risk mortgage with big insurance costs versus a low-risk mortgage," adds Cameron. While borrowing from an RSP means losing out on some of the investment's growth, the increasing value of your home could more than make up the difference if real-estate values continue to rise.

Another government program lets you borrow from your RSP to explore a new career: The Lifelong Learning Plan (LLP) lets you use up to $10,000 per year to a maximum of $20,000 over four years. It can be used toward your or your spouse's education, though not your children's schooling.

"This plan requires repayment within 10 years after you've completed your education," says Cameron. "Payments must begin the second year after you're finished school, and you're required to make at least one-tenth of payments per year."

Like the HBP, if you miss payments, you'll be taxed for any amount you don't return to your RSP.

And what if you repay the money and decide to retrain again, or your spouse wishes to take advantage of the program after your training is complete and the money has been returned to your RSP?

"You can take advantage of the program on multiple occasions through your lifetime, provided the money has been repaid to your RSP before you apply a second time," explains Cameron.

However, you're losing out on the growth of your RSP while the funds are being used for retraining, an important consideration before pulling your money out of the investment.

NEXT STEP

Borrowers need to meet a list of criteria before qualifying for either of these programs. Check online or talk to your financial planner or institution to find out more.

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metro LIFE
Your essential daily news

Pregnant women should postpone travel to 14 destinations in Latin America and the Caribbean due to outbreak of illness linked to birth defects, officials said.

Over the next three months, **Metro's finance guru Lesley-Anne Scorgie** will help a recent grad drowning in debt and a charitable young professional to balance their budget, pay down loans and save for their future

Metro's money makeover

LESLEY-ANNE SCORGIE
metro*money*

THE CHALLENGE: Our participants have set their goals, rolled up their sleeves, and committed to tackling their largest financial obstacles. For the next 12 weeks, I'll be helping Annick and Yolanda to improve their financial fitness and pushing them to reach new money milestones — just like a personal trainer. The end-goal is simple: to help these young women kick some financial ass and to see whose net worth improves the greatest.

THE VERDICT: In my experience there's only one thing that can derail Yolanda and Annick's progress: repeating financial mistakes. They'll succeed if they learn to master their finances, which happens to be more of a mind, rather than a money, matter.

NEXT WEEK: When it comes to her TFSA, Yolanda is making a big mistake.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

JENNIFER FRIESEN/FOR METRO CANADA

Annick, 24, Calgary

In 2010, Annick arrived in Calgary from Democratic Republic of Congo with dreams of a powerful Canadian education in energy management from University of Calgary. Year-over-year her student debts compounded to a suffocating $58,000.

After graduating in 2015, Annick walked into Alberta's economic lion's den — slumped energy prices and few jobs. She eventually found an administrative position at a property management company making $18/hour. But, between student loan and credit card payments plus IOUs to friends and family, she couldn't keep up. So, Annick found a second job at a car dealership in December. The pressure to send money home to her family is high, but at the end of every bi-weekly pay cycle, she literally doesn't have two nickels to rub together — zilch! Annick's has what I call "side hustle" — finding creative ways to make more money.

HER GOAL: Her challenge will be applying that skill to annihilating her debts so her long-term dreams of home ownership, bringing her parents to Canada and doing her MBA can become reality.

Yolanda, 27, Mississauga, Ont.

Yolanda tweeted at me late in 2015 to tell me how she spends not a penny more than $200 on groceries each month. Obviously I thought this was a joke considering my recent $4 tomato purchase at a store in Toronto; the most expensive place in Canada for produce (It's no joke. I was desperate).

Yolanda manages her spending carefully. She works at a charity that supports children in developing countries, and makes a fraction of market salary as a communications web specialist. But, she's willing to trade off more money (and better groceries) to pursue her passions. Just a year ago, Yolanda and her adorable pooch moved out of her mom's place and into her first basement apartment costing $750 per month.

HER GOAL: Making $20/hour, forking out money for rent and sponsoring multiple children simply won't cut it if she's going to buy a condo in the next three years and travel overseas before becoming burdened with a mortgage.

LIZ BEDDALL/METRO

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Billions gives viewers their money's worth

THE SHOW: Billions, Season One, Episode Three (Showtime, Crave)
THE MOMENT: The Snack Cakes

Damian Lewis plays blue-collar billionaire Bobby "Axe" Axelrod in Billions. CONTRIBUTED

Sexy blue-collar billionaire Bobby "Axe" Axelrod (Damien Lewis) wants to take over a snack-cake company — as a scrappy kid, he saved up for the treats, but their quality has tanked. Snooty board members resist him, led by the owner's son. "Do you have any idea of the cost of returning to the original recipe?" Sonny sniffs. "We'll trim bloated executive compensation," Axe replies.

Sonny blanches. "I earned my jet!" he says. "And the Scrumpets taste fine!"

"You raped the Scrumpet," Axe counters.

"I eat Scrumpets, and Dingdoodles, and Coconutties and they are good," Sonny huffs.

"They're not as good," Axe glowers.

"But they're still very, very good!" Sonny's henchwoman chimes in nervously. "Delicious!"

At this moment, I realized with relief that Billions has a sense of humour. I'd feared it was just Dynasty with tattoos instead of shoulder pads. Paul Giamatti chews a lot of scenery as Chuck Rhoades, the U.S. Attorney who's determined to bring Axe down. Rhoades' wife Wendy (Maggie Siff) isn't exactly realistic — she's Axe's in-house motivational shrink, and oh yes, a dominatrix. Once you settle in, though, there's much glossy fun to be had, because Billions hits the zeitgeist bullseye: the Super-Rich are our new Super Villains. Whether it's Robert Durst in The Jinx, or the decadent Royals, or the posh private-schoolers on American Crime, or the nasty Finney family on Ray Donovan, the One Per Cent are the bad guys du jour. Billions gives us our money's worth.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

SHADES OF BLUE

JLo shines in new police drama

Given her larger-than-life pop star persona, it's sometimes hard to remember that Jennifer Lopez also has acting chops.

There have been more than a few speed bumps along the way in her cannon (Gigli, The Boy Next Door) but the dark cop drama Shades of Blue is a reminder that the singer can still be a commanding screen presence, starring in perhaps her finest outing since she played a U.S. Marshall in Stephen Soderberg's Out of Sight.

In Shades of Blue Lopez plays a financially strapped single mother who is part of a group of corrupt New York City detectives. The show opens with a startling confession from her character, Harlee Santos. It then spirals into a nightmare world of wiretaps and deception. Lopez so thoroughly imbues her working class, down and out character, alternating between absolute command and stark vulnerability you forget that you just saw her on American Idol the day before.

"Right now in television it's like the best movies are on television," said Lopez at the Television Critics Association convention, explaining why she decided to produce and star in a gruelling TV series in addition to her packed schedule that includes a Las Vegas show and her stint on Idol. "The characters are better. There is more of an opportunity to kind of really explore something. It was just a really exciting opportunity to do something that I hadn't done in a while in a different way..."

The first few episodes of Shades of Blue (Thursdays on Global) are helmed by Academy Award winning director Barry Levinson (Rain Man, Diner, The Natural) so the series has a heightened cinematic feel.

But it's not perfect. The plot is at times formulaic, and some of the miscues introduced into the show to move the storyline are heavy handed. But Lopez plays off well against Ray Liotta (Goodfellas) as a corrupt police lieutenant who is trying to uproot the rat in his den of thieves.

Levinson, who is also a producer on the show, says he decided to work on the television series because of the "burst of creativity" in the medium. "More and more talent from theatrical has now made the crossover. Television is now the place, and if you want to really do character work, that's not really existing theatrically anymore."

TORSTAR NEWS SERVICE

Actress Jennifer Lopez on the set of Shades of Blue in New York City.
ZELIG SHAUL/ACE PICTURES

metro SPORTS

"Violence is never the answer, but sometimes it is": Matt Barnes was fined $35K for comments regarding Knicks coach Derek Fisher

Henrik Sedin hurt as Canucks sink Islanders

NHL

Miller stops 47 shots while Hutton scores his first goal

Cam Tucker
Metro | Vancouver

SUNDAY In New York

2	1
CANUCKS	ISLANDERS

The Vancouver Canucks escaped Brooklyn with two points against the New York Islanders, and they did so without captain Henrik Sedin for two-thirds of the game.

Sedin was hurt in the first period when he was hit from behind by Islanders forward Mikhail Grabovski. He could be seen favouring his right shoulder at the bench and did not return to the game.

Grabovski was given a boarding major and game misconduct.

Head coach Willie Desjardins told reporters that Sedin will be evaluated again Monday, though it doesn't seem promising that he will be in the lineup when the Canucks play the New York Rangers on Tuesday.

Sedin told reporters he underwent an X-ray but just couldn't return.

"It's a new injury but … we're not talking weeks, I'm hoping," he said.

With Sedin out, that reduced the Canucks to a young and mostly inexperienced trio — Bo Horvat, Jared McCann, Linden Vey — up the middle for the remainder of the game. But, thanks to the sensational goaltending of Ryan Miller, the Canucks defeated the Islanders 2-1 in the shootout in what was at times a chippy contest.

Miller stopped 47 of 48 shots faced in regulation and overtime, before the Islanders were unsuccessful on all three of their attempts in the shootout.

Ben Hutton GETTY IMAGES

The Canucks have now won two of their first three games on this six-game road trip through the Eastern Conference.

However, they've also been badly outshot in all three games, which isn't a recipe for success over the longer haul.

The Canucks have allowed the opposition at least 40 shots on goal in each of the last three games. The great equalizer has been the goaltending of Jacob Markstrom and Miller.

The Islanders' Mikhail Grabovski runs Canucks captain Henrik Sedin into the boards on Sunday in New York. BRUCE BENNETT/GETTY IMAGES

Canucks rookie defenceman Ben Hutton scored his first career NHL goal in the win.

The big concern now for the Canucks is up the middle. If Sedin and Brandon Sutter — closer to a return from sports hernia surgery — can't go Tuesday, the Canucks would be left with Horvat, McCann, Vey and likely Adam Cracknell at centre versus the Rangers.

IN BRIEF

Giants head out on road

The Vancouver Giants head south on a brief two-game road trip now six points out of a playoff spot in the WHL's Western Conference.

The Giants lost twice at home this weekend — a 3-2 defeat to the Everett Silvertips and 6-4 to the Prince George Cougars — which halted some of the team's momentum gained from their recent five-game road trip.

Now, it's on to Portland to face the Winterhawks on Monday and the Tri-City Americans the following day.

Despite wins in six of their last 10 games, the Giants trail the Spokane Chiefs by six points for the final wild-card spot in the conference.

CAM TUCKER/METRO

Blackhawks improve their winning streak to 11 games

The Chicago Blackhawks matched a franchise record with their 11th straight victory, using two goals from Jonathan Toews to beat the slumping Montreal Canadiens 5-2 on Sunday night.

Marian Hossa had an empty-net goal and two assists for Chicago (31-13-4), and Patrick Kane had a goal and an assist. Richard Panik scored his first goal of the season, and Corey Crawford made 27 saves while improving to 5-0-2 in seven career starts against his hometown team.

Montreal (24-18-4) has lost four in a row and five of six. THE ASSOCIATED PRESS

AUSTRALIAN OPEN SERENA PICKS UP WHERE SHE LEFT OFF Serena Williams plays a backhand against Camila Giorgi during a first-round match at the Australian Open on Monday in Melbourne. Williams, the defending champion who has been dealing with inflammation in her left knee recently, won 6-4, 7-5. CAMERON SPENCER/GETTY IMAGES

TENNIS

ATP boss denies scam coverup

ATP chairman Chris Kermode and the Tennis Integrity Unit have rejected news reports that match-fixing has gone unchecked in the sport.

In reports published on the morning the Australian Open began, the BBC and BuzzFeed News said secret files exposed evidence of widespread suspected match-fixing at the top level of world tennis. The report said that in the last decade 16 players — all at some stage ranked in the top 50 — have been repeatedly flagged to the integrity unit.

The reports say the players — it doesn't identify them or say whether they were involved in singles or doubles — were allowed to continue competing.

> **"It would be unprofessional for me to comment on if any players here are being monitored.**
>
> Nigel Willerton, head of the Tennis Integrity Unit

On Monday, Kermode said officials "absolutely reject any suggestion that evidence of match-fixing has been suppressed for any reason, or isn't being investigated."

Nigel Willerton, head of the Tennis Integrity Unit which was formed in 2008 as a joint initiative of the International Tennis Federation, the ATP, the WTA and the Grand Slam Board, says "it would be unprofessional for me to comment on if any players here are being monitored."

THE ASSOCIATED PRESS

PREMIER LEAGUE

United sparks title talk with latest win

Manchester United relied on brilliant goalkeeping by David de Gea and a late, opportunistic finish by Wayne Rooney to snatch a 1-0 win at great rival Liverpool on Sunday, sparking talk of an unlikely run at the Premier League title.

With Arsenal only drawing 0-0 at Stoke a few hours later to return to first place on goal difference above Leicester, United trimmed the gap to the leaders to seven points.

A top-four league finish qualifies a team for the Champions League, and United trails fourth-place Tottenham by just two points. THE ASSOCIATED PRESS

> **When the gap is like this, seven points, you can overcome that.**
>
> Louis van Gaal, Man United manager

IN BRIEF

Spurs still perfect at home

LaMarcus Aldridge scored 23 points and the San Antonio Spurs received an early spark from Jonathon Simmons to beat the Dallas Mavericks 112-83 on Sunday night and remain undefeated at home.

The Spurs are a franchise-best 24-0 at home to open the season and have won 33 straight at the AT&T Center dating back to March 2015.

San Antonio (36-6) matched its best start after 42 games, tying the mark set in 2010-11. THE ASSOCIATED PRESS

Messi leaves midway through Barça blowout

Lionel Messi was substituted at halftime of Barcelona's 6-0 rout of 10-man Athletic Bilbao after suffering what Barcelona coach Luis Enrique called a "slight pain" on Sunday.

Messi showed no signs of being slowed down as he scored with a penalty in the seventh minute. THE ASSOCIATED PRESS

Gomez goes the distance and then some at Sony Open

Fabian Gomez of Argentina closed with two birdies for an 8-under 62, and then made his 11th birdie of the day on the second playoff hole to beat Brandt Snedeker on Sunday at the Sony Open in Honolulu.

Gomez won for the second time on the PGA Tour. He ran off seven straight birdies in the middle of his round, let Snedeker back in the game with a pair of bogeys, and then holed a 10-foot birdie putt on the 17th hole and a birdie just over 20 feet from off the green on the 18th to finish at 20-under 260. THE ASSOCIATED PRESS

Panthers stuff latest Seahawks comeback

NFL PLAYOFFS

Win in Carolina sends Cam and Co. to NFC championship

The mistakes piled up quickly. So did Carolina's lead.

And that left the Seattle Seahawks to spend the rest of Sunday's divisional playoff game desperately trying to recover from a horrendous start.

This was hardly the way the two-time NFC champions could have imagined their season would end.

The confident, hard-hitting and physical bunch with a knack for escaping tough spots and big holes fell behind 31-0 in the second quarter after surrendering huge plays, committing turnovers and struggling to find a rhythm.

A second-half rally made it close, but the Seahawks never made up that margin and fell 31-24 to the Panthers. There were no easy answers afterward about how it all went wrong so quickly.

"No such thing as coming out flat," defensive end Michael Bennett said. "They played better than us. I know you guys are looking for a reason why we lost the game. We just lost the game.

"They played better than us in the first half, we played better than them in the second half.

Panthers running back Jonathan Stewart reaches for a touchdown during the second quarter of Sunday's NFC divisional playoff game in Charlotte, N.C. STREETER LECKA/GETTY IMAGES

SUNDAY In Charlotte

PANTHERS	SEAHAWKS
31	24

You play against great teams like that, you can't afford to have mental mistakes. You can't not score. You cannot give up touchdowns when you play against teams like that."

Or, as safety Earl Thomas III put it: "We just got in our own way early."

Regardless, this was a team that had expected much more. Sure, they came in as the No. 6 seed and were visiting a Carolina team that had rolled to 15 regular-season wins — including a comeback win in Seattle in Week 6 — behind MVP candidate Cam Newton but they also knew they had the experience and confidence to make a third straight trip to the sport's biggest weekend.

Yet it took one play to find out things would be different Sunday on the road.

On the game's first offensive snap, Panthers running back Jonathan Stewart, back from a three-game absence with a foot injury, burst right through the heart of the Seattle defence and sprinted 59 yards before Richard Sherman dragged him down from behind.

Three plays later, Stewart scored from four yards to make it 7-0 just 2-1/2 minutes in.

"We misfired early on that first big run," Seattle coach Pete Carroll said. "That was a big shock, that we'd give them (the ball) inside the 20-yard line right off the bat." THE ASSOCIATED PRESS

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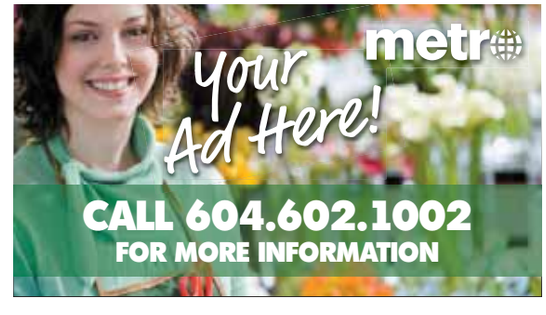

RECIPE Crunchy Tofu

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Embrace meatless Monday with these crunchy tofu "steaks." Enjoyed with some stir-fried veggies, you'll be feeling virtuous and satisfied.

Ready in
Total time: 30 minutes
Serves 4

Ingredients
- 1 block of firm tofu
- 1 egg
- 3/4 cups panko breadcrumbs
- Salt and pepper to taste
- 2 Tbsp vegetable oil

Directions
1. Unwrap your tofu and place it on its side (the long, thin side) on a cutting board. Slice it in half so that you have 2 (now thinner) rectangles. Cut each rectangle in half, leaving you with 4 squares. Now cut each square in half diagonally and you'll have 8 triangles.
2. Whisk the egg in a shallow bowl. Pour the panko breadcrumbs out onto a plate. Add salt and pepper, toss to combine and then spread it out flat. Have a clean plate handy.
3. Dip each piece of tofu into the egg and coat completely. Then dredge the coated tofu in the breadcrumbs so it gets covered on every side. Place your coated tofu on the clean plate. Repeat until each piece of tofu is covered.
4. Heat up the vegetable oil in a skillet over medium high heat. Place half of your tofu pieces in the pan and let them get brown and crispy, about 2 or 3 minutes. Gently flip over and cook. Use a spatula to help turn them over onto sides to brown.
5. Serve with rice and mixed vegetables.

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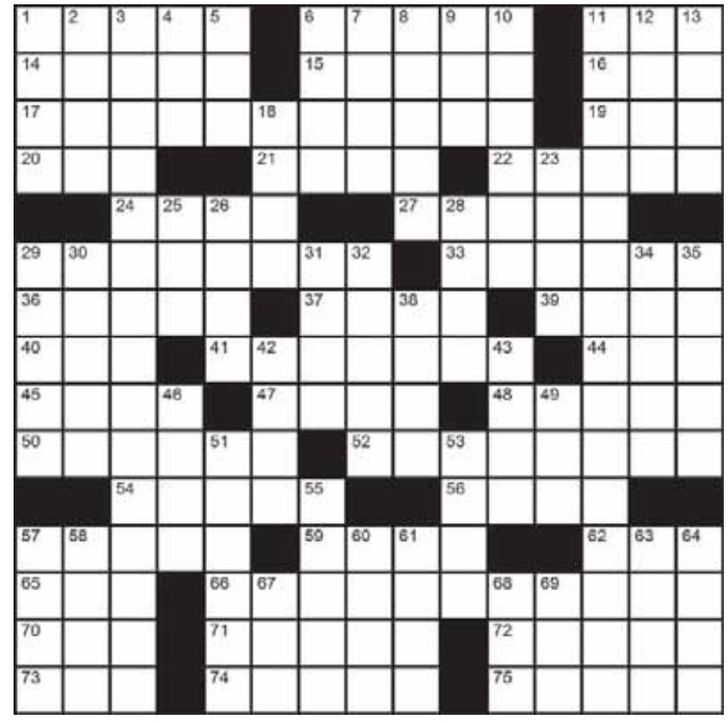
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Irks
6. Falcon-headed god of ancient Egypt
11. Pinafore's letters in opera circles
14. Abraham's offering to God
15. Spew
16. Deuce-ace, fancy-style
17. Canadian singer/songwriter starring in the 2006 documentary "Escarpment Blues": 2 wds.
19. In-a-row letters
20. Valley, in Wales
21. Concept
22. Stan's comedy partner, cute-style
24. Gael, for one
27. Sporty shirts
29. Reacts with emotion, perhaps at an awards presentation: 2 wds.
33. Mottle
36. Brawny blokes
37. Mini message
39. Deanna _ (Counselor on "Star Trek: The Next Generation")
40. Tree variety
41. Question/interview post-mission
44. Stop
45. Grad
47. Churn
48. Vassal
50. Small horses
52. Song by #17-Across that goes "You sang to the moon / In the great black night..."
54. Deduce
56. Poetic foot
57. Recurring theme
59. _ Bator, Mongolia
62. Volcano of Hawaii, Mauna _
65. Yalie
66. 9 to 5 is when we're here for business, in other words
70. Whopper
71. Awaken
72. "_ Gold" (1997)
73. Lively parties
74. Checks
75. Alberta town est. 1911

DOWN
1. Assorted [abbr.]
2. "_ Her Standing There" by The Beatles
3. They are where food is grown across this great land: 2 wds.
4. American flight watchdog org.
5. Teacher's workplace, for short
6. Mr. Potato _
7. Shrek, for one
8. Update a route
9. Function
10. Leisurely walk
11. Emmy-winning police drama of 1981 to 1987: 3 wds.
12. Ms. Kuzyk (Winnipeg-born actress in the role of Det. Patsy Mayo on #11-Down)
13. British Columbia's motto, 'Splendor _ Occasu' (Splendour without diminishment)
18. Lennon-McCartney successes
23. Ransack
25. Get by, but barely
26. _ a hand
28. Hautbois
29. Inexpensive
30. Celebrities/royalty magazine!
31. Shield's centre knob
32. Danger
34. Miami Sound Machine tune
35. Stowaway, say
38. Venus de _ (Ancient statue)
42. Highlands tongue
43. One-named rock bassist
46. Skirt style
49. Suffix with 'Ideal'
51. Exertion
53. Sup
55. Singer/pianist Mr. Wainwright
57. Combine
58. Varied mixture
60. Itemize
61. Treads the boards
63. Sweet sandwichy treat with milk
64. Formal gr.
67. Good, to Evil
68. Tint
69. Former

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Try to relax this week. Keep a sense of perspective and remember that no matter how hard you try to get ahead it's the personal side of life that matters most.

Taurus April 21 - May 21
You may not have a choice about what you have to do today but you do have a choice about how to do it. Do a good job and you'll be rewarded with more enjoyable tasks.

Gemini May 22 - June 21
Love will come back into your life over the next few weeks — and you will feel more in tune with the world around you. Don't wait for others to tell you how much they care — tell them how much you care first.

Cancer June 22 - July 23
If your body is sending you signals that it could do with a rest then you must heed the call. Not even a Cancer can keep up the relentless pace of the past few weeks. If you fall behind in your schedule, that's too bad.

Leo July 24 - Aug. 23
No matter how many challenges you took on in recent weeks you came through them all unscathed. Your efforts were not in vain. The universe rewards those who strive.

Virgo Aug. 24 - Sept. 23
Make an effort to see things from a partner's point of view. You'll get valuable insight into their personality, enabling you to make allowances for their behaviour in the future.

Libra Sept. 24 - Oct. 23
Changes are inevitable but the good news is they will work in your favour. It may be annoying that travel and social plans have to be changed at the last minute but you can easily make new arrangements. Be flexible.

Scorpio Oct. 24 - Nov. 22
You'll be pleasantly surprised by what happens today. Money matters will no longer worry but don't go mad and go on a spree because that will cause trouble all over again.

Sagittarius Nov. 23 - Dec. 21
Focus on the things that are still going well for you rather than the things that may go wrong. You have lots to look forward to, so think positive and positive things will occur.

Capricorn Dec. 22 - Jan. 20
You won't be able to hide or disguise your feelings much longer, and nor should you want to. It will be easy for you to let certain people know what you really think of them — not a lot it seems!

Aquarius Jan. 21 - Feb. 19
No matter how reserved you may be usually, over the coming week you will leave those around you in no doubt about what you think and feel. It could get emotional!

Pisces Feb. 20 - March 20
You'll find it easier to get along with employers and authority figures over the next few days, even those you have clashed with recently. There will be more respect going both ways.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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9			2		8			3
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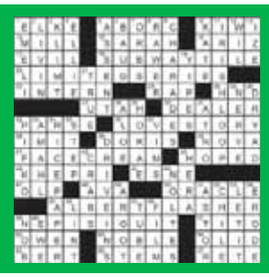

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2	7	3	6	8	5	4	1	9
6	8	1	2	9	4	3	5	7
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